



Letting the spotlight shine on those who give back



There's no pay. The work is hard. The hours, long.

But when Andrey Kolomyytsev speaks of volunteering for Habitat for Humanity, all that time, sweat and effort isn't his focus. It's the end result.

"I think the first time I built something and I looked back at the end of the day and I saw a wall up I just realized, "This is great. This is the fruit of my labour for the day. This is amazing," he told Metro's Yvette d'Entremont last week. Kolomyytsev has been volunteering for Habitat for Humanity since 2011, putting in hundreds of hours to help build a number of homes for those in need.

There are thousands of people like Kolomyytsev in our city giving back. Without them, our communities wouldn't be what they are today.

Metro Halifax wants to start paying homage to these special people.

Starting today, the weekly feature Halifax Heroes will be played prominently in your Monday edition.

Negative stories can outnumber positive ones, so Metro wants the spotlight to get put on the many people in our communities who give back, with no fanfare.

Kolomyytsev, who also gives his time to search and rescue, is our first profile.

If you have someone who you feel deserves to be recognized, we ask you email myself, Metro Halifax's managing editor, at philip.croucher@metronews.ca. You can also tweet @metrohalifax using the hashtag #HalifaxHeroes.

We hope you enjoy reading Halifax Heroes, and feel inspired to maybe give back a little more of yourself, too.

See coverage, page 5

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High-risk sex offender living in Halifax: Police

A high-risk sex offender thought to be living in rural Nova Scotia will actually reside

in Halifax.

Jamie Alan Goreham, 42, was released from the Calgary Correction Centre on Jan. 23 after completing a sentence for sexual assaults and other offences.

At the time, police Jamie Alan stated that he would be **Goreham** но living in the Barrington area of the province.

On Friday, police spokes-

woman Const. Carol McIsaac said they recently received word

that Goreham's new address will be in the Halifax area.

Goreham has criminal convictions dating back to 1991 that include sexual assault and sexual interference, according to the police release.

He ĥas been assessed as being at a high risk to reoffend, and his victims

have included girls under the age



🛑 IN BRIEF

Crew saved from sinking ship

Five people are safe after being plucked from a sinking fishing vessel off the coast of southwestern Nova Scotia.

Capt. Cameron Hillier of Joint Task Force Atlantic says the Joint Rescue Coordination Centre received a distress call from the Jill Marie around 11:30 p.m. Saturday. Hillier says a Cormorant helicopter, a Hercules aircraft and the Canadian Coast Guard ship Spray were dispatched to the scene near Yarmouth's coast. He says the Spray was close by and safely rescued all five people. THE CANADIAN PRESS

Prisoner found dead in cell

The Department of Justice says a prisoner was found dead in his cell at the Cape Breton Correctional Facility on Sunday.

A release from the department says a man was found "unconscious and unresponsive" in one of the prison's cells at about 2:30 a.m., and was pronounced dead at 2:45 a.m.

The medical examiner's office will be conducting an autopsy to determine the cause of death, and Cape Breton Regional Police have launched an investigation into the man's death. METRO

Driver charged with swerving at officer

CRIME

Early morning chase forces deployment of two spike strips



Zane Woodford Metro | Halifax

A 20-year-old Halifax man has been charged with assault with

a weapon after police say he swerved toward an officer during a chase early Sunday mor-

Police said they tried to pull over a red Chevrolet pickup with an ATV on the back on Herring Cove Road near Lynette Drive at about 3:45 a.m. after a rash of ATV thefts in that area.

After police flicked their

lights on, the driver didn't stop. Police started chasing the driver, but then gave up when he entered a residential neighbourhood.

The chase started again when police spotted the truck on North West Arm Drive.

Then, as police were trying to lay a spike strip near Walter Havill Drive, the driver swerved toward an officer before driving over the strip.

The driver continued onto Highway 102, where police deployed another spike strip.

That one ended up stopping the pickup on the highway just before Hammonds Plains Road.



The driver of the pickup was arrested and has been charged with flight from police, assault with a deadly weapon, dangerous driving, and impaired driving.

Sgt. Kevin McNeil said Sunday that pursuits like this one aren't "extremely common" for Halifax police.



WEATHER WINTER STORM HAMMERS REGION A felled tree rests in front of a home in the north end following a winter storm in Halifax on Saturday. Heavy snow and high winds across Nova Scotia left more than 40,000 without power, with some still in the dark as of late Sunday. DARREN CALABRESE/THE CANADIAN PRESS



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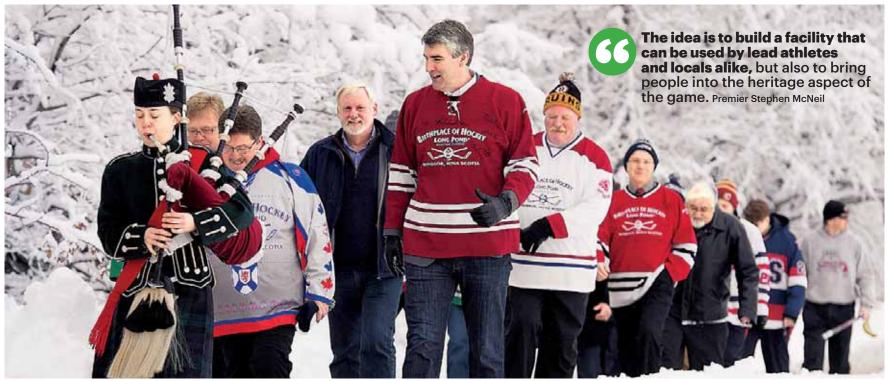
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3 Monday, February 1, 2016 Halifax | metr@NEWS



Premier Stephen McNeil, centre, heads to the Long Pond Heritage Classic in Windsor on Saturday. The Nova Scotia government has announced funding for the construction of a hockey heritage centre in what has long claimed to be the birthplace of the popular sport. ANDREW VAUGHAN/THE CANADIAN PRESS

Building 'a shrine to the game'

WINDSOR

Province gives \$3M towards new mecca for hockey fans

The Nova Scotia government has announced up to \$3 million for the construction of a hockey heritage centre in Windsor, which has long claimed to be the birthplace of hockey.

Greg Kelley, president of the Long Pond Hockey Arena Society, said the Windsor Hockey Heritage Centre will celebrate Canadian hockey and bring the world to the small Nova Scotia town where the sport was born more than 200 years ago. "Windsor is the cradle of hockey. We want to build a shrine to the game that can be celebrated by hockey fans around the world." said Kelley in a phone interview on Saturday. "We just want a place like Cooperstown, which celebrates baseball in the U.S. We want a place that we can call our Doubleday Field, and it's Long Pond."

Premier Stephen McNeil made the funding announcement Saturday on Long Pond in Windsor, where students from a local college developed the game around 1800. Kelley says several boys went to the pond and adapted the field game of hurley for ice.

The province says the building will include an ice rink, sports fields, indoor track and a hockey history museum.

McNeil said the centre will reaffirm the province's longstanding connection with one of the country's favourite sports.

"It will become more than just a hockey arena and training facility. It will become a mecca for hockey fans globally," said McNeil on Saturday.

The society also plans to ask the federal government for funding and will try to raise the rest of the \$14.7 million needed to build the facility, said Kelley.

THE CANADIAN PRESS



They're aiming to open the Windsor Hockey Heritage Centre in September 2017.



Players warm up at the Long Pond Heritage Classic. ANDREW VAUGHAN/THE CANADIAN PRESS

OUTDOOR FUN

Newcomers to Halifax take part in Winter by the Sea event



Rebecca
Dingwell
For Metro | Halifax

Israa Khalaf has only been living in Halifax for 20 days, but she's already been skating twice

Khalaf came to Canada from Jordan. She said she isn't very good on the ice yet, but she hopes to come to the Emera Oval throughout the winter to practise.

"If I have some free time," she said Saturday.

Khalaf was one of many new Haligonians to participate in the Winter by the Sea event, organized by Immigrant Services Association of Nova Scotia (ISANS) in partnership with Halifax Regional Municipality.

The newcomers are not fluent in English, so volunteer interpreters were on hand to help them out, such as Issam Khoury of ISANS.

"I'm from Syria also, so I'm

excited for them being here, enjoying a different kind of life," said Khoury.

"I'm sure it's better for them."

Khoury interpreted all interviews between Metro Halifax

and event attendees.

The goal of Winter by the Sea is to encourage people to get outside, even though they may be new to the icy Canadian weather.

"We encourage all of our cli-



We really want to encourage people to feel comfortable outdoors in winter — to realize that they can have fun.

ISANS spokesperson Nabiha Atallah

ents to come out," said ISANS spokesperson Nabiha Atallah.

The annual event's activities included sledding, skating and simply playing in the snow on the Halifax Commons.

"For many of our newcomers, they're not used to a cold winter ... probably their first reaction is to stay indoors," explained Atallah. "That can lead to isolation and that can lead to cabin fever."

Some folks, however, are not fazed by the cold.

Abdelmateen Alaz from Syria said the weather in Halifax is beautiful. He even called Friday's heavy snowfall "a good thing from God."

"Yesterday, they told us we're coming (skating) today," said Alaz. "The children did not sleep — they were just waiting for that."

Ten-year-old Mohammed Alaz is the self-proclaimed best skater in his family.

"I can go fast," he said. "I like to be outside."

Getting personal with Classified

It only made sense that Canadian rapper Classified would record his new album, Greatful, in his home studio in the rural backwoods of Enfield.

The 38-year-old Juno winner says his 15th album is his most personal yet, tackling issues such as fatherhood and marriage on tracks like Having

> "I kind of realized that's what people relate to in my music, is the personal stuff. The stuff I usually

wouldn't write about or might second guess about," says the father of three young girls,

about my personal relationships with other people. That's the biggest difference.

A faint smell of marijuana lingers in his humble musical workshop, where the rapper whose real name is Luke Boyd — works surrounded by dozens of gold and platinum

This album is

my personal

Classified

Seated in front of a computer monitor and mixing table, lounging in socks and sandals, loose-fitting sweatpants and a grey T-shirt, Classified looks relaxed. It's clear the veteran MC and producer is sitting on his throne.

"I've always worked out of my own space on my own time," he says of his home studio Halflife Records.

"I just wanted to build a place like this that I could get away from the kids but still be close enough to run back in and have some lunch with them.

Classified's brother and father live nearby and were often talking about called upon to lay down guitars or piano for this alother people. bum, he says.

And although Greatful is very

much a family affair, the record also boasts a number of other collaborators, including DJ Premier, formerly of Gang Starr, and Ria Mae.

And Greatful's debut single No Pressure features hip-hop heavyweight Snoop Dogg, who travelled to a hotel room in Truro to record the part.

Classified, who has been making music for nearly two

TRACK

Halifax | metr

NEWS

Ode to oilsands workers

The 16-track album includes an upbeat ode to Canadian oilsands workers - many of whom commute to Alberta from Atlantic Canada.

"My bags are packed, my favourite hat, I work away to make it work at home," he raps on Work Away, which features vocals, guitar and horns by frequent collaborator and fellow Maritimer David Myles.

"I work away because there ain't enough work where I come from, but honestly I love where I come from."

decades, says he wanted to write an anthem for Canadians who are away from their families often three weeks out of a month.

"A lot of people in Canada have to travel for their jobs, they have to leave their families to make ends meet," says Classified. "It's a tribute to those people who have to work away.'

THE CANADIAN PRESS



Classified will embark upon a 26-date cross-Canada tour on Feb. 6.

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He's 'hooked' on giving back

HABITAT FOR HUMANITY

'We're really very lucky to have people like Andrey': Official



Andrey Kolomyytsev is a busy

When he isn't sailing the seas for his job involving marine mammal observation, the Halifax resident spends many of his free hours volunteering. When asked how many volunteer hours he has logged in the past five years, he just grinned and said, "Quite a bit."

"When I work I go for five weeks at a time and when I come back I have five weeks of my own time," he explained. "That gives me lots of time to help out by doing this and that and the other."

Kolomyytsev started volunteering with Habitat for Humanity in 2011 after hearing about a build taking place in the Spryfield area. He and a friend worked together on that first house, and Kolomyytsev was hooked.

"What I like most about it is giving back to the community in a way where your results are visible by the end of the day," he said. "I think the first time I built something and I looked back at the end of the day and I saw a wall up I just realized, 'This is great. This is the fruit of my labour for the day. This is amazing.'

Since that first build, Kolomyytsev has helped Habitat construct six other houses in the Halifax region working as a crew

Crew leaders need to possess



Andrey Kolomyytsev stands outside a Habitat for Humanity home. He started volunteering with the organization in 2011. JEFF HARPER/METRO



It's a great feeling watching the families when they finally get to see their finished homes. You just can't trade it for anything else. I'm hooked on it now. Andrey Kolomyytsev

construction and trade skills combined with an ability to teach while standing back to let others do the work.

Habitat for Humanity Nova Scotia spokeswoman Deborah Page said crew leaders are essential to the success of their program, which mobilizes volunteers and community partners to build affordable housing.

"We absolutely need some qualified volunteers because the whole experience of volunteering for Habitat for Humanity is that you don't need any experience and we'll teach you and tell you what you need to do," Page said.

"It's a fairly significant contribution and commitment because we need people for entire days during the week when we have people in on our crew.'

Kolomyytsev said he doesn't think he's doing anything extraordinary. In addition to spending many of his free daytime hours with Habitat for Humanity, he has volunteered for the past two years with Halifax Regional Search and Rescue.

"A lot of my time goes to search and rescue, but it's a lot of standby time so during the daytime I'm free and so I work with Habitat. I'm not quite busy," he laughed.

Page said dedicated volunteers like Kolomyytsev are a blessing to non-profit organizations like Habitat for Humanity.

"We're really very lucky to have people like Andrey who like to come in and who are available to come in to help us create a great experience for all of our volunteers," she said.



Every Monday, we will profile an unsung volunteer hero in our community as part of Halifax Heroes.

To nominate someone, email Metro Halifax's managing editor at philip. croucher@metronews.ca, or tweet @metrohalifax using the hashtag #HalifaxHeroes

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Lead is in Canadian pipes too: Experts

About 60,000 households have unsafe service lines

Water-toxicity experts estimate that about 10 per cent of Canadians are at risk of being exposed to lead through their drinking water as Americans in Flint, Mich., grapple with an ongoing water scandal.

Research funded by the Canadian Water Network estimates that about 60,000 households in major cities across the country still have lead service lines connecting the home to the municipal water supply.

Senior researcher Graham Gagnon says each member of those households could find themselves consuming lead.

Gagnon, director for the Centre of Water Resources Studies at Dalhousie Univer-



Bottled water is distributed to residents of Flint, Mich., on ${\bf Saturday.}\ {\bf THE\ FLINT\ JOURNAL-MLIVE.COM/THE\ ASSOCIATED\ PRESS}$

sity, says lead service lines can also be present in smaller communities and in larger buildings such as schools. Exposure could also come about through buildings using fixtures, faucets or other components containing lead.

But Gagnon and others say Canada's cities have recognized the risks and made a concerted effort to decrease the number of lead pipes in their systems in recent years.

Gagnon believes such efforts may protect those cities from the sort of lead poisoning crisis unfolding in Flint, though he adds communities that haven't launched replacement projects



A resident uses bottled water to wash her three-week-old son at their home in Flint, Mich. THE DETROIT NEWS/ THE ASSOCIATED PRESS

are at greater risk.

Bu Lam, manager of municipal programs at the Canadian Water Network, said communities built before 1950 are far more likely to have used lead in either their municipal water mains or the service lines connecting them to local buildings. THE CANADIAN PRESS

Food banks worried about rising prices

Canadian food banks hope the pinch they're feeling from rising food prices isn't snowballing into a full-fledged crisis.

While each agency has unique circumstances, many say higher prices during the peak winter period are limiting how much food they can purchase and having an impact on dona-

tions while also spurring a greater demand for their ser-

Fresh produce prices began to surge after Christmas as adverse weather in U.S. The amount of food, in pounds, that the country's 800 food banks growing regions and a weaker Canadian dollar caused the cost of imports distribute every year to more than to soar. Some food 850,000 people, according to Food Banks Canada banks shifted what

> goods. Most tried to access locally grown produce, particularly root vegetables. THE CANADIAN PRESS

they handed out,

turning more to

canned and frozen

IN BRIEF

Medical pot producers eye advertising rule changes

Some of Canada's biggest producers of medical marijuana want Ottawa to implement advertising regulations similar to those that govern the sale of alcohol, as they await the Liberal government's longpromised legal recreational market. THE CANADIAN PRESS

Avalanche deaths not a deterrent to snowmobilers

The day after an avalanche killed five snowmobilers in eastern British Columbia, riders returned to the backcountry wilderness. Search-and-rescue manager Rod Whelpton said Friday's deaths would not necessarily be a deterrent. THE CANADIAN PRESS

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NEWS World Monday, February 1, 2016

U.S. divided ahead of Iowa

POLITICS

State caucus vote a snapshot of gulf between parties, public

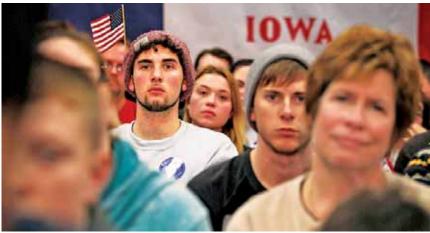
You hear Adam Khan talk about himself and think America maybe isn't so divided after all.

Ťhen you hear him talk about America. Khan, 24, is the son of a Pakistani immigrant father and a white mother. Last year, he was elected chairman of the Republican Party in a key swing county in Nevada. He is a young brown man with Muslim heritage and a supporter of gay marriage — rising fast in the domain of older white conservatives.

Republican front-runner Donald Trump, Khan said, is threatening to make the party more welcoming to bigots than minorities. His Reno-area community, meanwhile, is more politically polarized than ever.

"The Democrats blame (George W.) Bush for everything. The Republicans blame Obama for everything," he said. "And it just perpetuates the divide."

The voting phase of a rollick-



Campaign volunteers listen as Democratic presidential candidate Sen. Bernie Sanders speaks during a campaign event on Jan. 31, in Waterloo, Iowa. Sanders continues to seek support for the Democratic nomination prior to the Iowa caucus on Feb. 1. ALEX WONG/GETTY IMAGES

ing presidential primary begins on Monday, when Iowa's Republicans and Democrats pack gymnasiums for their party caucuses.

It's not just that Republicans and Democrats disagree on how to solve pressing problems; they disagree on what the problems even are. They have starkly different desires about where to live and how to live.

"All the data that we have suggests that, today, things are much more polarized than they have been at any point at least over the last 80 years," said Jocelyn Kiley, associate director of research for the polling organization Pew Research.

President Barack Obama campaigned as a unifying healer. Over his seven years in office, the gulf between the parties has grown far wider — both in the way their politicians vote and in the way their supporters feel.

Democrat Hillary Clinton, seeking to fend off a challenge from left-winger Bernie Sanders, has offered an unabashedly liberal platform incompatible with her reputation for cautious centrism. Trump, though not



Adam Khan CONTRIBUTED

an orthodox conservative, has taken the field far to the right on immigration and terrorism; Ted Cruz has done the same on other issues.

Republican voters press their candidates on threats to their safety and to the Constitution. Democratic voters ask theirs about the dangers of climate change and income inequality. Town halls held in the same Iowa counties sound like they are taking place in different countries.

The divide is great," said Jeff Jorgensen, Republican chairman in Iowa's Pottawattamie County. "It's almost a divide that can't be bridged." TORSTAR NEWS SERVICE

Omar Khadr's sister detained

Zaynab Khadr, the outspoken sister of former Guantanamo detainee Omar Khadr, is in custody in Turkey, Torstar News Zaynab Khadr Services has TORSTAR NEWS learned.



Khadr had moved to Turkey around the time her younger brother Omar was transferred from Guantanamo Bay, Cuba, to Canada in September 2012. She reportedly remarried and had two young children.

She and her mother, Maha Elsamnah, came under criticism in Canada for remarks they made for a March 2004 CBC documentary titled Al Qaeda Family.

In 2005, Zaynab Khadr was under investigation for terrorism offences by the RCMP, but was never charged. It is not known if the Canadian-born Khadr is being held in Turkey for a criminal or immigration matter. TORSTAR NEWS SERVICE

Bombings cloud UN peace talks

A triple bombing killed dozens in a predominantly Shiite suburb south of the Syrian capital of Damascus on Sunday even as a UN mediator held his first meeting with members of the main opposition group that seeks progress on humanitarian issues before joining formal talks on ending the five-year civil war.

The attacks were claimed by militants from the Islamic State of Iraq and the Levant (ISIL), and Syria's delegate to the UN-sponsored peace talks said the violence confirmed the connection between "terrorism" and "some political groups" — a reference to those who oppose President

The blasts went off in the Damascus suburb of Sayyda Zeinab, about 600 metres from one of the holiest shrines for Shiite Muslims. Syria's state news agency SANA said the attackers detonated a car bomb at a bus stop and that two suicide bombers then set off more explosives as rescuers rushed to the area.

The Syrian Observatory for Human Rights, a Britain-based opposition group that monitors the conflict, said at least 63 people were killed.

In Washington, U.S. Secretary of State John Kerry appealed to both sides "to seize the opportunity for serious negotiations.'

"There is no military solution to this conflict," Kerry said. "Without negotiations, the bloodshed will drag on until ... virtually every home, every form of infrastructure, and every semblance of civilization is destroyed."

There is no military solution to this conflict.

U.S. Secretary of State John Kerry

British pilot killed by poachers

Elephant poachers in Tanzania fired on a helicopter on an antipoaching mission and killed the British pilot, and authorities said Sunday that they have arrested three suspects.

Roger Gower was shot Friday while flying on a joint operation with Tanzanian wildlife authorities who were tracking the poachers, the Friedkin Conservation Fund, which oversees some wildlife areas in Tanzania, said on its website.

"This tragic event again highlights the appalling risk and cost of protecting Tanzania's wildlife," the Texas-based group said.

Three suspects were arrested, said Jumanne Maghembe, Tanzania's minister for tourism and natural resources. The minister pledged that any other suspects will be arrested in security operations after the attack in Maswa wildlife reserve, near Serengeti National Park.

A co-pilot survived with injuries, Tanzanian authorities said. Britain's Foreign Office con-

firmed the death of a Briton in Tanzania and said it was "providing assistance to the family at this difficult time."

Rangers discovered the carcasses of three elephants that were killed by the same group of poachers that fired on the helicopter, said Paschal Shelutete, spokesman for Tanzania's parks service.

Tanzania has been identified as a key hot spot for elephant poachers. The elephant population declined by 60 per cent to about 40,000 since 2009, according to a census announced last year. THE ASSOCIATED PRESS





SEXUAL ASSAULT CASES

Convictions 'difficult': Legal experts

As the trial of disgraced broadcaster Jian Ghomeshi puts the issues of consent and sexual harassment in the national spotlight this week, legal experts caution that convictions in cases of historic sexual assaults are not easy to secure.

Ghomeshi's alleged offences date as far back as 2002, and legal experts say the passing of time often poses a significant challenge to winning a conviction in such cases.

"The obvious answer is just the degradation of evidence," said Karen Bellehumeur, a former Crown prosecutor who dealt frequently with sexual assault cases. "Not only has the memory of the survivor of the abuse degraded so that peripheral details are not as clear, but also there is no longer the corroborating evidence to be investigated by police.'

Such evidence could include DNA, observations about injuries or damaged clothing, and witnesses, Bellehumeur said, noting that with little physical evidence, such cases typically boil down to a "he said, she said" scenario, especially when the accused and complainants know each other. The issue of consent in those cases, she said, becomes a key element.

"The main problem is that when you have a case that's just one word against the other, which tends to happen more in historic cases then a criminal case has just such a high standard of proof that it becomes very difficult," Bellehumeur said. 'Unless there's a real disparity between the believability of the complainant over the accused then it's going to be very difficult for the Crown to prove a case beyond a reasonable doubt."

THE CANADIAN PRESS



Jian Ghomeshi makes his way through a mob of media with his lawyer Marie Henein at a Toronto court on Nov. 26, 2014.

Ex-radio host heads to court

TORONTO

Judge may weigh 'similar fact' cases in Ghomeshi trial

Crown attorneys prosecuting sexual assault cases often present numerous individual allegations that resemble each other in the hope that a judge will determine they represent "similar fact" evidence.

"Absent evidence of collusion, you start to wonder if they are telling the same story because the accused is doing it," said John Rosen, one of Canada's leading criminal defence lawyers.

Rosen, a criminal lawyer for 46 years, has no involvement in the case but was asked by the Torstar News Service to comment on the process of a criminal trial of this kind.

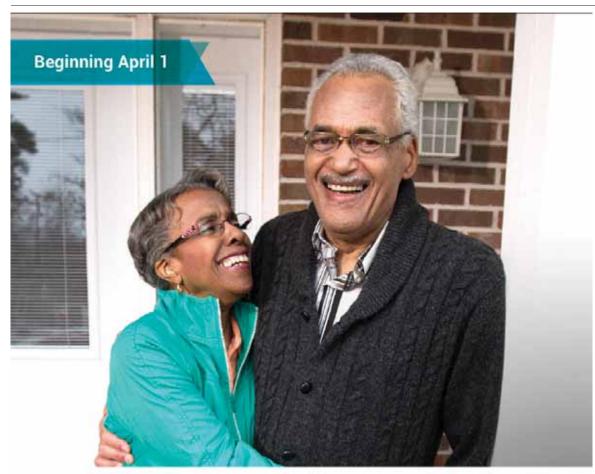
The trial of Jian Ghomeshi begins Monday at Old City Hall court in Toronto. Three women will testify that he sexually assaulted them (in one case, a charge of choking-overcome resistance has been added) between 2002

Ghomeshi has pleaded not guilty to the charges.

In a trial with multiple complainants, Rosen explained that after they have told their stories under oath, the judge may be asked by the Crown to make a ruling on whether they are "similar fact" cases. If the judge rules they are, Rosen said "that lends corroboration to the complainants.

While an accused does not have to testify, Rosen said the presentation of three individual cases may tip the scales and encourage Ghomeshi to present his side of the story.

That's because, Rosen explained, the "Supreme Court of Canada has said that where you have a complainant who comes forward and testifies and there is no countervailing story coming from the defence, then the trial judge has to look at the credibility of the complainant." Rosen said that if there is no testimony from the accused, and "the trial judge accepts the credibility of the complainant, then it's a downward slide to conviction." TORSTAR NEWS SERVICE



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TIMELINE OF EVENTS

Here are some key dates in Jian Ghomeshi's case.

Oct. 24, 2014:

The CBC announces it has cut ties with Ghomeshi.
Oct. 27, 2014:

The Toronto Star publishes a report detailing allegations from three women who say Ghomeshi was physically violent to them without their consent before or during

sexual encounters. Nov. 1, 2014

Toronto police say they are investigating Ghomeshi after two women come forward with complaints.

Nov. 26, 2014

Five sexual assault-related charges are laid against Ghomeshi.

Oct. 1, 2015

Ghomeshi pleads not guilty to all five charges. THE CANADIAN PRESS

Your essential daily news

Monday, February 1, 2016

METRO CALL TO ACTION

#PrideTape scores fundraising goal

Hockey fans across the country are showing their true colours. What started as a modest crowdfunding effort at the University of Alberta has grown into a coast-to-coast grassroots push for greater inclusivity in sports. But there's still more work to be done.

Hockey teams across North America could soon be taping up their sticks with pride after an Edmonton campaign passed its Kickstarter goal.

Pride Tape is an initiative of the Institute for Sexual Minority Studies and Services at the University of Alberta. It aimed to raise \$54,000 to have 10,000 rolls of the rainbow-coloured hockey tape made.

As of Sunday afternoon, more than \$70,000 had been pledged.

Kris Wells, the institute's director, said the support has been overwhelming.

That was great to see, and we have really been experiencing momentum for the Kickstarter campaign ever since the Oilers debuted Pride Tape at their skills competition," he said.

The Edmonton Oilers put the tape on their sticks during their skills competition on Jan. 24, and the team's community foundation also gave the campaign \$8,000. Wells said that appearance lead to

a big surge in interest.
"It just sort of went viral all over North America," he said, "The Oilers' leadership has really been pivotal in the

Having surpassed the goal, Wells said the additional funds are going to help get the tape in more hands.

"We're well over what we initially hoped to raise to produce those first 10,000 rolls, so this extra funding iust allows us to increase our support."

Wells said the tape is meant to be a conversationstarter about LGBTQ issues in hockey and he's hopeful minor leagues will think about policies or practices that might make people feel more welcome in the sport.

"It has to be more than



Keep the momentum going! We think all of Canada's pro and amateur hockey teams should get on board with Pride Tape. If you agree, share this story online and post on social

media: #PrideTape

"Our goal has been to get the product created, to get it out there and distribute, and hopefully get people talking."

just putting the tape on your

stick," he said.

Metro put out a call to readers on Friday encouraging them to have their local teams use Pride Tape, and Wells said that campaign has also lead to results.

'We have seen on social media that people are asking their team." RYAN TUMILTY/METRO

ROSEMARY WESTWOOD

metroview

Our whole society is on trial with **Ghomeshi. Finally.**

Today, Jian Ghomeshi will sit in a chair where very few alleged sexual abusers find themselves: in court.

Getting him there took an incredible feat.

In Canada, only about 0.5 per cent of sexual assaults result in court proceedings. And only about 0.2 per cent end in convictions (according to calculations made from 2014 and 2013-2014 data from Statistics Canada).

In numbers: 633,000 selfreported sexual assaults in a year, compared to 1,357 convictions.

Ghomeshi no doubt has his fame, in part, to blame for his unusual fate. And we, Canadians, can thank his fame for giving us the rare chance to collectively take stock of how terribly we fail victims.

This is a national reckoning. It is a trial to spotlight how alleged abusers come in all kinds of packages — even handsome and charismatic. It will represent all the women, and some men, who do not report sexual assaults to police, because they know the odds are against them.

It will challenge us to remember that all are innocent until proven guilty. And it will force us to admit, in cases of sexual assault, that ideal, coupled with a perverse bias to believe women somehow "wanted it," has left hundreds of thousands of victims a year without justice.

we would not need this case quite so desperately.

In the fall of 2014, when support for Ghomeshi was still high and the allegations seemed all people could talk about, the actor Lucy De-Coutere spoke to media and put her name on the record as a victim of Ghomeshi, when many were still too afraid.

"It sounds like he broke a country," she said with incredulity. "That's crazy."

It is, and it's not.

Those same statistics that make Ghomeshi's trial so exceptional also underline how many untried cases are out there; how many victims living without recourse for what was done to them. Never mind the rest of us, who are all complicit if our justice system does not mete out justice.

It's not only the low reporting rates (five per cent, compared to one-third for all crimes) and impunity. The rate of all violent crimes has fallen by nearly 30 per cent over the last decade, except sexual assaults. It's unchanged.

In other words: We're getting nowhere. Not when it comes to curbing sexual assault, or punishing it.

And so I'm grateful to the women who pressed charges against Ghomeshi, and put both him and our system on trial. Ghomeshi may be the one sitting in the chair, but today, we're all called to court.

Read the fine print on Pharmacare changes

HALIFAX MATTERS Stephen Kimber



Even the government's rationale — that it needed to increase revenues to keep the program sustainable – turned out to be suspect.

You had to carefully parse, syllable by syllable, its disingenuous first sentence

'Changes to the Seniors' Pharmacare program mean Nova Scotians enrolled in the program will soon pay less each time they pick up a prescription" — to realize reality was not necessarily the sunshine Leo was spinning.

That sentence referred to "co-pay," the percentage of the price of each individual prescription a Pharmacare member pays. It will indeed drop from 30 to 20 per cent, but the government hasn't changed the maximum co-pay of \$382 a year. So anyone who needs a significant number of medications in a year will still pay the same totaĺ.

"Because of our government's changes," declared Health Minister Leo Glavine, dealing himself the winning hand, "12,000 seniors who previously paid a premium won't

pay one this year (and) 29,000 seniors will pay a reduced pre-

But the press release conveniently didn't mention the government was almost tripling the maximum premium from \$424 per year to \$1,200. Neither did it explain — it took nearly two weeks for reporters and opposition MLAs to ferret out the fine details — that 40,000 of the 120,000 seniors enrolled in the program will actually pay higher premiums. Eight thousand of them will have to fork over the maximum amount.

Even the government's rationale — that it needed to increase revenues to keep the program sustainable turned out to be suspect. After crunching numbers the health department reluctantly provided, veteran CBC legislative reporter Jean Laroche reported the government's own figures "suggests keeping the current

system might be a better bet. Health Department officials would not comment on that outcome."

So what is the government really up to? The most plausible explanation is that it intends to fatten its coffers by picking the pockets of seniors, so it can then claim to have balanced the provincial budget before the next provincial election.

You can see the same math at work in the government's decision to kill the film tax credit. What's the future of a formerly vibrant film industry measured against the prospect of a second term in office?

Do the math.

Stephen Kimber is a professor of journalism at the University of King's College in Halifax and an awardwinning writer, editor and broadcaster. Halifax matters runs every Monday.



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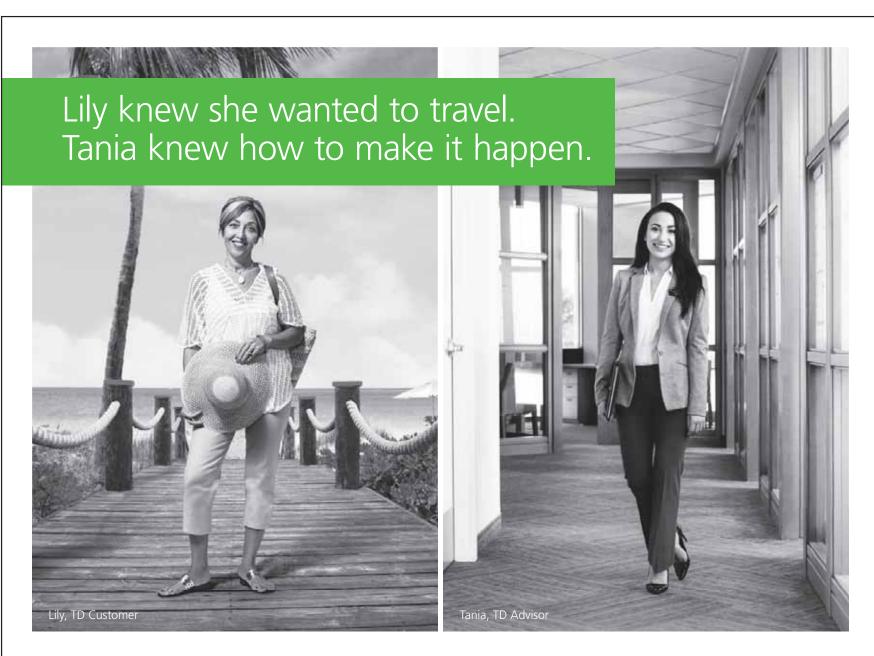
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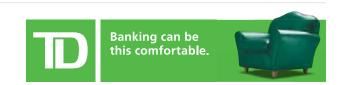
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RSP or TFSA? How to choose

The keys to understanding the popular savings tools

Michelle Williams

Two of the most popular savings tools available to Canadians are the RSP (Retirement Savings Plan) and the TFSA (tax-free savings account). But how do you decide which option is best for you? First of all, it's important to understand the differences between them:

To tax or not to tax

"They're both tax-advantaged savings plans that are endorsed by the federal government, but with some real differences," says Kurt Rosentreter, a senior financial advisor at Manulife Securities and a chartered accountant in Toronto.

The RSP, around since 1957, was once the go-to savings plan for any Canadian looking to save for retirement. How much you can put into your RSP annually is directly related to your earned income: you can contribute up to 18 per cent of your previous year's earned income each year, which gets deducted from your taxable income at tax time. Whatever you don't use gets carried over to the following year.

"So there's room to build



Both RSPs and TFSAs have their advantages. Your choice will depend on your income and financial goals. ISTOCK

significant savings for retirement," says Phil Goldband, partner at G&G Partnership in Toronto.

Though you're taxed when you withdraw your RSP savings, presumably this won't be until you're retired and your income and tax bracket are lower. As such, you're paying significantly less tax on the money when you take it out than you would have paid when you made the contribution in your higher-income vears.

In 2009, the federal government introduced the

"There is no tax deduction

for your TFSA contribution like there is with an RSP contribution," explains Goldband, 'however, when the money is withdrawn, the income earned comes out tax-free.'

Unlike with an RSP, the amount you can contribute to your TFSA is not related to income. Everyone is allowed to contribute the same amount: up to \$5,500 for 2016.

Making the choice

So how do you choose which of the two plans makes the most sense for your hard-earned savings?

"First, a lot depends on your income," says Rosentreter.

"The Canadian income tax system is progressive — the more you make, the higher percentage of tax you pay. The RSP offers a tax deduction for your contribution amount every year. So the higher your income, the more beneficial

For lower-income earners, the RSP tax deduction isn't worth as much, since you're not paying a high percentage of tax in the first place.

"Those with lower incomes may not be getting the bang for your buck with the RSP, so the TFSA contribution can make more sense," adds Rosen-

But it's not just about income level.

"Generally, it makes sense for young investors to put their money into TFSAs versus RSPs," Goldband says, since they can withdraw the money any time they want without being taxed on the income earned.

For expenses like a new car, a home, tuition or a medical emergency, the flexibility of a TFSA comes in handy.

However, both savings tools are designed to serve the same goal: saving for retirement. To that end, the choice doesn't have to be between one and the other. Young and old investors alike would be wise to look at both plans and consider the advantages each one offers.

"If someone has ample cash flow, they may want to consider maximizing both the RSP and TFSA contributions each year," suggests Rosentreter.

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Metrælife



Your essential daily news

Sundance: Nate Parker's Birth of a Nation wins Grand Jury Prize and Audience Award



Will Annick and Yolanda's financial goals be met? **Metro's finance guru Lesley-Anne Scorgie** has only 10 weeks left to tackle the women's largest financial burdens and teach them to allocate resources.

Swimming in student debt

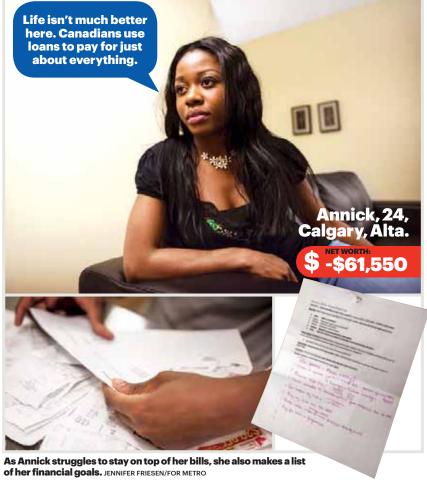


THE CHALLENGE: Metro's finance guru Lesley-Anne Scorgie has 10 weeks left to get Annick, 24, and Yolanda, 27, to change their spending behaviours and build a nest egg while meeting their financial obligations. This week we focus on Annick.

THIS WEEK: Annick immigrated to Canada in 2010, finished her undergraduate degree in Energy Management at the University of Calgary, and now works as a property management administrator making \$35,000 per year. She's on a mission to crush her consumer debt within six months and save a \$25,000 down payment through her RRSP over the next five years.

NEXT WEEK: Yolanda learns there is such a thing as being too frugal! She is depriving herself of the small things in life that would make her happy, and must learn to build herself a "pillow" and stick to a budget so she doesn't binge shop.

LESLEY-ANNE SCORGIE IS A BESTSELLING AUTHOR AND FOUNDER OF MEVEST, A MONEY COACHING SERVICE FOR CANADIANS. FOLLOW HER @LESLEYSCORGIE



THE STORY

When Annick arrived to Canada from the Democratic Republic of Congo (DRC), she had high financial hopes. But today she joins thousands of underemployed new graduates in Alberta's tough economy. Compared to the DRC, "Life isn't much better here. Canadians use loans to pay for just about everything. Then they can't afford anything," says Annick.

Weighted down by credit card balances and student loans, Annick recently qualified for repayment assistance through Canada Student Loans, buying her six months of low principle payments of \$150 per month. She took another drastic financial step, applying for rent relief through her landlord. This request would reduce her monthly rent to \$1,200 from \$1,400. She splits this cost with her roommate.

THE LESSON

It's hard to see the light at the end of the tunnel of debt, but Annick's going to use the 60/60/60 plan. Every 60 days she will eliminate another debt, starting with her loans from friends and family because those are loaded with financial and personal anxiety. She'll use money from her second job, \$450 per month, to eliminate those quickly.

She'll then move on to her taxes followed by her credit cards. While implementing the 60/60/60 plan, she'll continue to make regular minimum payments on

(S) MONEY

A surprise

Annick worked extra hours at her second job in December and was paid double her hourly rate of \$17. She applied that 'extra' money to her furniture loan.

\$450

Assets RRSP Total Assets

101417-1000101	4.00
Liabilities	
Student Loans	\$58,650
VISA	\$1,500
Mastercard	\$600
Furniture loan	
from a friend	\$250
Loan from sister	\$750
Taxes owed	\$250

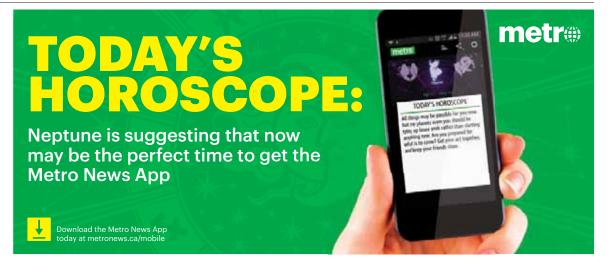
Total Liabilities \$62,000

Net Worth (61,550)

every loan.

A common myth is that Annick can't save money while paying off her debt. But, we've discussed the benefits of using her employer's RRSP matching program, So she's signed up for a personal contribution of \$100 per month and her employer kicks in a \$50 match — free money! When Annick becomes debt free in five years, she'll have a nest egg she can use for a down payment or retirement.





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STASH YOUR CASH

To truly save, put away more than the debt you take on

Gail Vaz-Oxlade For Metro Canada

One of the questions I often get from people who have watched my show is, "Are those people for real?" quickly followed by, "Don't they know they have to save something?"

Yes, the people on my show are very real; I took great pains to keep the "reality" in reality TV. And, no, people don't really think they have to save. Some think government benefits will be enough. (That may be true if you're comfortable living on about \$18,000 a year.) Others say they just can't find the money to save.

Life is expensive. I know. But saving is important. Thirty or so years ago we knew that and we saved as much as 18 per cent of our income. Since then our savings rates have plummeted. Now, on average, we're saving about five percent of our money. But that's an

average; some of us are saving nothing at all.

And then there are the folks who think that as long they're stashing money away in RRSPs, TFSA or CSBs, they're doing fine. Never mind that the balances on their overdrafts, lines of credit or credit cards keep going up, they've got an automatic savings plan in place so they're okie dokie.

What they are is delusional. To be saving, you must be net positive, meaning that you must be putting away more money

18%

Thirty or so years

ago we saved as much as 18 per cent of our income. Now, on average, we're saving about five per cent of our

than you're taking on in debt. If this year you sock away \$10,000 in a TFSA but you rack up \$6,000 on your line of credit, \$3,500 on credit cards and \$500 in overdraft, you've saved absolutely nothing.

Saving is the act of taking money out of your

cash flow and putting it away a date to be named later. Putting \$50 a month away in savings and spending \$50 on credit that you're not paying off in full when the bill comes in is not saving. You're pretending to save.

You know the story of the grasshopper and the ant.

Grasshoppers don't plan; ants do. Grasshoppers love their toys; ants love their freedom of choice. Grasshoppers compare themselves to others; ants measure how close they are to reaching their goals. So, are you a grasshopper or are you an ant?

If you answer "grasshop-per" all is not lost. Just because you're not an ant doesn't mean you'll never be a saver. You're just going to have to try harder to overcome your natural tendency to have a great time and

not think about tomorrow.

If you want to become a saver, focus on making small, manageable changes that will stick. Don't give up coffee completely. Just decide that you're going to trim back your coffee habit by 30 per cent a week and send all the

money you're not spending on your caffeine habit to a high interest savings account. Hey, if you can find the money for takeout coffee, you can find the the money to save too.

For more money advice, visit Gail's website at gailvazoxlade.com

Visit metronews.ca

metr#

According to multiple reports, including ESPN, receiver Calvin Johnson has told the Detroit Lions he will retire

Brassard 'a star' in latest Herd setback

QMJHL

Goalie lets in four but still puts on show



Kristen Lipscombe Metro | Halifax

Halifax Mooseheads goaltender Eric Brassard wowed the home crowd with 38 saves Sunday evening, but it wasn't enough to stop the Cape Breton Screaming Eagles from skating away with a 4-2 win.

The game was played in front of 9,019 fans, one of the largest crowds at Scotiabank Centre this QMJHL season.

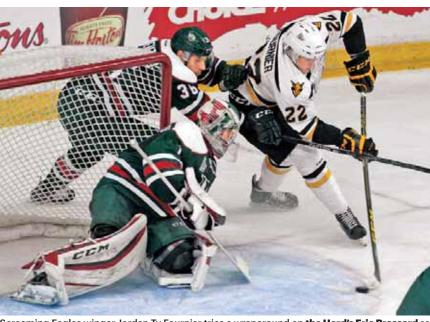
Screaming Eagles netminder Alexandre Bélanger turned away 23 pucks for the win to give Cape Breton the 4-3 edge in the 2015-16 Battle of Nova Scotia season series

"Against a good team like that, if you slow down, they're going to score," Brassard said, referring specifically to the three goals Halifax allowed in the second period. "Overall, it wasn't bad, but I think we can do better."

The Mooseheads got on the board first when 16-year-old blueliner Jocktan Chainey notched his second goal in green on an assist from 18-year-old Finnish forward Otto Somppi at 7:51 of the first.

It was 19-year-old winger Anthony Sorrentino's first time playing his old team since being acquired off waivers by Halifax in the mid-season trade period.

"I've never experienced that before mid-season," Sorrentino said. "It was different, (but) once



Screaming Eagles winger Jordan Ty Fournier tries a wraparound on **the Herd's Eric Brassard** as Anthony Sorrentino gives chase on Sunday at Scotiabank Centre. JEFF HARPER/METRO

WHERE THEY STAND

The Halifax Mooseheads are currently 17th overall in the QMJHL, sixth in the Maritime Division, with a 16-29-5-1 record. Cape Breton (25-22-4-1) sit eighth and third in the division. The Mooseheads lost 4-1 loss to the 15th-overall Acadie-Bathurst Titan on Friday and won 4-1 over the second-overall Moncton Wildcats on Saturday.

the jitters are out, you're back to a regular game."

Sorrentino's former teammates Michael Joly, Maxim Lazarev and Clark Bishop scored in the second to give Cape Breton a 3-1 lead heading into the third.

Lazarev's came on a power play after first-year Halifax forward Barrett Dachyshyn was sent to the box for high-sticking. The 20-year-old Russian was given first-star honours after popping in his second of the game off a rebound at 4:33 of the third.

Fellow Russian forward Evgeny Svechnikov assisted both of his goals, while Joly was named second star for his two points.

Third-year Halifax forward Vincent Watt, 19, cut Cape Breton's lead in half on a Taylor Ford assist a couple of minutes later, but that was as close as the Mooseheads would get.

"We were all over them there in the first," said 16-year-old Joel Bishop, who plays against his 19-year-old brother Clark each time Halifax faces Cape Breton. "We just let up on that 20 in the second, and I think that cost us the game."

Bishop called Brassard "one of the best goalies in the league."

"He keeps us in every game," Bishop said. "He deserves a star every game we play." **AUS SPOR**

Halifax teams thrive at Varsity Showdown

Halifax's university sports teams came out on top during the firstever Varsity Showdown this past weekend under the bright lights of the Scotiabank Centre.

Varsity Showdown 2016, presented in partnership by Sports & Entertainment Atlantic, saw the Dalhousie Tigers defeat the St. Francis Xavier X-Men 4-1 and the Saint Mary's Huskies edge the Acadia Axemen 4-3 in men's hockey Friday night, the first of two days featuring local AUS teams.

Saint Mary's is in fourth place, while Dalhousie sits seventh in regular season AUS standings.

On Saturday, basketball was centre stage with three of four local teams walking away with rictories.

The seventh-place Saint Mary's Huskies beat the St. Francis Xavier X-Men 82-69 and the first-place Dalhousie Tigers topped the Acadia Axemen 87-68 while the second-place Huskies edged the St. Francis Xavier X-Women 64-57 on the women's side.

The only Halifax squad to fall were the fifth-place women's Dal Tigers who fell 59-50 to the Acadia Axewomen.

In women's hockey, the seventh-place Dal Tigers dropped two games first 3-2 to the visiting Mount Allison Mounties at the Halifax Forum before a 4-2 loss to the first-place Saint Mary's Huskies at Alumni Arena on Sunday.

NHL ALL-STAR WEEKEND

Storybook ending for Scott in Nashville

Enforcer John Scott scored twice during the NHL's new all-star game 3-on-3 tournament and was named MVP by fans after captaining the Pacific Division to a 1-0 win in the championship Sunday night.

Fans voted Scott into this event, and he scored twice during the Pacific's first minigame, bringing cheers from fans and smiles from teammates.

Scott was not listed among the three MVP candidates for a Twit-

John Scott GETTY IMAGES to select him once again, casting their vote for the six-foot-eight forward who has five goals in 285 career NHL games. Teammates lifted him on their shoulders while fans

ter vote late in the final game,

but fans took it upon themselves

chanted "MVP!" and then Scott was announced as the MVP and presented with a Honda Pilot Touring

THE ASSOCIATED PRESS



Bettman to remain commish

Gary Bettman said his relationship with the union has never been better. Perhaps that's why he is willing to stick around as NHL commissioner into the next decade.

Bettman signed a contract through 2022, he confirmed in an interview Sunday on the NHL Network before the All-Star game. The deal was first reported by Sports Illustrated earlier in the day. THE ASSOCIATED PRESS

Spieth second in Singapore

Jordan Spieth finished runner-up at the Singapore Open on Monday as South Korea's Song Young-han held on by a single stroke.

Song, resuming on 12 under and playing two groups behind Spieth, drained a 12-foot par putt on the 16th then made par at the last two holes to win the co-sanctioned Asian and Japan Tour event.

Spieth finished shot a 5-under 66 to finish 11-under 273. THE ASSOCIATED PRESS

CANADIAN JUNIOR CURLING CHAMPIONSHIPS

Nova Scotia rink share credit in title win

Mary Fay's clutch eighth-end draw clinched the women's title for Nova Scotia at the Canadian junior curling championships in Stratford, Ont.

Fay's shot broke open a 5-5 tie as Nova Scotia, rounded out by third Kristin Clarke, lead Janique LeBlanc and second Karlee Burgess, went on to a 9-5 win over British Columbia's Sarah Daniels in Sunday's final.

"It felt great to make that draw," said Fay. "Whenever I'm throwing a draw, I always feel confident because I have Karlee and Janique sweeping for me. They have the hard job; it's not to too hard to throw it, but to judge the weight? But I have two amazing sweepers and I'm confident in them."

The foursome from Chester stole two in the ninth to seal it after B.C. came back to tie the game with back-to-back steals in the sixth and seventh ends.

Nova Scotia ran B.C. out of rocks in the 10th.

"Holy. I don't even know how to explain it," Burgess said. "Going into the last end, we knew we just had to throw clean shots and Mary would have an open shot at the end." THE CANADIAN PRESS **RECIPE** Artichoke, Gruyère and Spinach Savoury Bread Pudding



Ceri Marsh & Laura Keogh
For Metro Canada

If a frittata and bread pudding had a baby it would be this savoury dish of deliciousness.

Readyin

Prep time: 10 minutes Total time: 40 minutes **Serves 4**

Ingredients

- 2 Tbsp butter, divided
- · 2 shallots, chopped
- •1 tsp salt
- 1/4 tsp pepper
- 2 thick slices of crusty coun-
- try bread cut into 1-inch cubes
- 2 cups packed chopped spinach
- 11/2 cups grated Gruyère
- 14 oz can artichokes hearts, drained and chopped
- 1/4 cup milk
- 6 eggs, beaten
- •1 tsp fresh chopped basil

Directions

1. Preheat oven to 400 F. Divide

Tbsp of butter between four 10oz ramekins. Place them on a baking sheet in the oven on the middle rack. Allow butter to melt. Remove baking sheet from oven and grease the ramekins using the

- melted butter. Set aside.

 2. In a medium skillet, heat 1 Tbsp of the butter. Add the shallots, salt and pepper. Cook until they soften, about 3 minutes.
- **3.** In a large mixing bowl, toss the bread, spinach and cheese. Add the shallots, artichoke hearts, milk and eggs and mix. Sprinkle in the basil.
- **4.** Spoon the mixture into prepared ramekins. Place the baking sheet of ramekins back in the oven and cook until golden brown, about 25 minutes.
- **5.** Remove baking sheet from the oven and allow ramekins to cool for 10 to 15 minutes. Serve in ramekins or run a paring knife around the edges to loosen the pudding and turn out onto plates to serve.

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CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

ACROSS

- 1. The Rockies, for example
 6. Invites to one's penthouse suite: 2 wds.
 11. Ms. Leoni
 14. What the Toonie of Canada is, quite simply: 2 wds.
 15. Kitchen appliances company
 16. Grampus
 17. Hair salon offerings for '90s pop stars: 2 wds.
- 20. _ dollar bill 21. Howdies 22. Ruin 24. Tears For Fears

19 "lck"

- member Mr. Smith, and namesakes 26. Tandoor-baked creation 27. Peace of mind
- 30. Other word in #29-Down's answer 34. Where Sidney Crosby's sport is
- played: 2 wds. 35. "American Pie" Chevy-driving spot 36. Status _
- 37. To, archaically 38. Discovered through the
- ered through the grapevine 39. Roadside border
- 40. Pecan or almond 41. Covered in thicket/
- wooded
 42. Migratory birds,
- for example 43. Scatter
- 43. Scatter 45. Repartee
- 46. Retro toy, _ Bat
- 16 18 19 20 22 23 25 32 37 38 39 40 43 48 49 50 56 57 58 59 60 61

47. Henhouse 49. "101 Dalmatians' (1996) villainess 52. AC/DC song 53. Brit. fliers 56. 'Racket' suffix 57. Nova Scotia hometown of

hockey star Sidney

Crosby: 2 wds. 60. Cornwall's country, curtly 61. Pointed arch

61. Pointed arch 62. Furious 63. Fifth musical note, variantly 64. To-the-North-Sea river in Germany 65. Birchbark vessel

DOWN

- 1. River float 2. Land size
- 3. Lunch hour4. Soldiers5. Gush about
- 6. Possessed, archaically 7. Li'l quantity
- 8. Remarked 9. Like a story yet to be written 10. The North-
- west _ 11. Losing-lots-of-

blood emergency bandaging 12. Therefore 13. "_ Breaky Heart" by Billy Ray Cyrus 18. Cork's country 23. 19th Greek alphabet letter 24. Irene's "Fame" (1980) role 25. The talking human 27. Circular 28. Yawnsville 29. Team #57-Across plays Center for (First word here ...more at #30-Across) 31. Song in '65's "The Sound of Music": "Climb _ Mountain" 32. Health care professional . 33. Solemn 35. Fewer 38. Antique timekeeper 39. Penny 41. Herd member with a sound maker: 2 wds. 42. bypass surgery 44. "Star Wars: The Force Awakens" (2015) character. Dameron __ 45. __ fide 48. Additional 49. Third letters 50. __, Nevada 51. Ms. MacGraw's

53. Horse coat hue

54. Car

58 Dusk

55. Costless

59. Sports or

Underwire

* IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20 Your ability to charm your way into other people's affections will take you far. You'll get your way at home and work by telling what they want to hear. It may not be true but it makes them feel good.

Taurus April 21 - May 21
Move fast to get ahead of your rivals.
Certain people seem determined to
prove that they are the ones most
deserving of promotion but they
will only succeed if you let them.

Gemini May 22 - June 21 You've been avoiding a task you think will be unpleasant but if you tackle it today it really won't be so bad. Friends and family will help if you let them know that you need it. Cancer June 22 - July 23
Work-related issues won't be the trial they have been lately. You will make a positive impression on employers and other important people today, simply by being yourself.

€ Leo July 24 - Aug. 23

Others will go out of their way to do things for you over the next few days, and you must take advantage. Your instincts tell you it won't always be as easy as this.

W Virgo Aug. 24 - Sept. 23
What you have said or done
has only made matters worse.
Of course, if you had listened
to the advice given to you by a
friend earlier on you could have

Libra Sept. 24 - Oct. 23
It's not worth trying to control every situation. At some point you will realize it is better to let fate take its chosen course than struggle to steer it in a direction more to your liking.

Scorpio Oct. 24 - Nov. 22 You'll feel good about yourself today and because of that you will be more open to the world. Wherever you go and whatever you do, stay calm. Minor annoyances are a fact of life.

■ Sagittarius Nov. 23 - Dec. 21
Be fair in your dealings and give others the benefit of the doubt if they stray from the straight and narrow. A new love affair is possible this week, or an existing one will be more fun than it has been

Capricorn Dec. 22 - Jan. 20
Not everyone is as logical as you
and some people can be remarkably
sensitive, so don't criticize too harshly. There's a way to break unpleasant
news, a way that calls for a tact and
understanding that you must learn.

Get away from the daily grind and recharge your batteries in a more tranquil environment. It's a great time to take a short vacation but if that is not possible at least don't tax yourself with new chores and responsibilities.

Pisces Feb. 20 - March 20
There is a danger that you will create problems that need not exist. The most useful advice anyone can give you now is to stop pushing so hard.

CONCEPTIS SUDOKU by Dave Green

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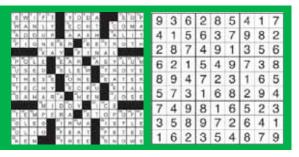
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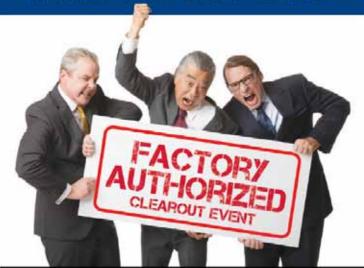
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